

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

Commander's call

A 31st Fighter Wing commander's call is at 2:30 p.m. Thursday in Hangar One. All military personnel must attend. Following the commander's call is a wing-wide combat run.

Deployed spouses

The next deployed spouses briefing is 9 a.m. and 7 p.m. Wednesday in the Community Center. Child care is provided. For child care reservations, call Ext. 5630.

Curbing project

The curbing in the flightline area is being replaced Monday through April 2006. Traffic will be limited to one lane around the construction areas. Dates are subject to change. For more information, call Ext. 6018.

Space A travel

The upgrade for Space Available travel for dependents with spouses deployed for 120 days or more has been reinstated. Passengers must have their unit commander sign the Command Sponsored Dependents and USEUCOM Upgrade letter. For more information, call Ext. 7680.

Mailing it the right way ...

Post office offers advice on sending holiday packages

By Senior Airman
Colleen Wronek
31st Fighter Wing
Public Affairs

The holidays are here, and with them come packages filled with gifts sent to loved ones.

Aviano members must follow certain rules when sending mail through the postal service.

"Aviano members commonly send alcohol, which is not allowed," said Tech. Sgt. Jason Swift, 31st Communications Squadron postmaster. "If you send any type of alcohol through the mail there is a possibility you will lose your military postal service privileges, which means you won't be able to send or receive any mail."

Postal workers x-ray packages that appear to contain prohibited items.

Prohibited items include alcohol-filled candy, cigarettes, cigars and other tobacco products, firearms, narcotics, fireworks, lottery tickets, flammables, poisons, ration items, fruits, vegetables, soil or live plants, meats such as salami, ham, bacon, and all types of sausages and soup mixes.

See Mail, Page 8



Photo by Senior Airman Colleen Wronek

Senior Airman Tony Galan, 31st Communications Squadron postal clerk, sorts bulk mail. The postal staff encourages customers to check their mailboxes regularly.

Limited service: The 31st Medical Group has limited services from 8 to 11:30 a.m. Dec. 11 due to an area-wide power outage.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	1,155.3	755
	+905.4	+45

Information current as of Thursday.



Uniform wear

The cold winter weather has finally settled on Aviano and wearing winter weather gear properly is a must.

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Combat Fitness

One is pregnant and the other has recovered from an injury. Together two friends have made fitness their lifestyle.

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Vigileer
Editorial Staff

Commander,
31st Fighter Wing
Brig. Gen.
Robert Yates

Chief, Public Affairs
Capt. Eric Elliott

NCOIC,
Internal Information
Tech. Sgt.
Jerome Baysmore

Editor
Senior Airman
Colleen Wronek

Staff writer
Airman 1st Class
Sarah Gregory

Photo support
Base Multimedia
Center

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31st Fighter Wing

Commander's Corner

By Brig. Gen. Robert Yates
31st Fighter Wing commander

World's Finest – Happy Holidays! I can't believe it's already December – I've been on the job with you all for six months now, and all I can say is, "Wow! What an awesome wing!" You all are doing so many things so well, leading the way in so many areas and pushing it up to prove that you all are in fact the 'world's finest.'

Let's discuss a few items so we can keep it that way through the holidays and propel ourselves to even greater heights in the new year.

The first topic is holiday and winter traveling safety. Many of us will travel over the holidays. As for the Yates family, we have formulated a plan and will be careful to avoid unnecessary risk to ensure we enjoy, and perhaps more importantly, survive the holidays. When we travel, we'll do so by bus and train, leaving the driving to trained professionals. We've got lodging and activities lined up at our destinations in reputable establishments. We'll use public transportation to tour at all locations so if I decide to have a glass of wine with dinner, I've got a designated driver.

I will drive my personal vehicle to pick up my children when they arrive and I've checked it out to make sure it's ready for the trip. My tires are in great shape, I'm acquiring chains, oil was recently changed, all fluid levels checked good, and emergency equipment and signaling devices are ready should I need them. In short, I'm ready for a safe holiday season. Make sure you are as well.

Another subject of holiday interest is gift and package sending and receiving. Our postal facility has a finite amount of space, so when you receive notification you received a package, pick it up in a timely manner so we can make room for someone else's gifts. Also, beat the holiday rush and

get your packages mailed out early.

Finally, remember that the Internet is among the most convenient and speedy ways to spread holiday cheer. Look up your favorite retailer and don't hesitate to use them. The convenience is notable and you'll eliminate any potential to experience frustration associated with 'queuing' at our very busy neighborhood postal facility.

Today I am traveling to Ramstein Air Base to wish a fond farewell to our Big Boss – General Foglesong. General Foglesong has supported this wing in so many ways, provided outstanding leadership to ensure we all remained on our game and positive. I know we will all miss him and his leadership and, on behalf of you all, I wish him and Mrs. Foglesong all the best in their future endeavors!

On Monday, I'll attend the USAFE Change of Command. On that day, Lt. Gen. William Hobbins will assume command of USAFE. I've been privileged to work for General Hobbins previously as a group and wing commander. He's a fine gentleman and world class leader. I'll take this opportunity to welcome General and Mrs. Hobbins and hope they are able to find time soon to visit Aviano.

Finally, for those of us participating in the upcoming exercise, get your game face on and let's achieve excellence safely as a team.

For everyone, I'll see you at commander's call Thursday at 2:30 p.m. in Hangar One and look forward to the Wing Combat Fitness Run immediately following the commander's call. Have a safe and fun filled weekend and Happy Holidays!



Recognizing Those Who Serve

My husband and I are happy and proud members of our military family in Northern Italy. Recently we discovered just how lucky and blessed we truly are to have such a great community. On Oct. 29, my husband was in a motorcycle accident, one that has left him paralyzed from the lower chest down. In our greatest hour of need the community embraced and lovingly supported us. Through donations, offers to cook meals, drivers taking us to the hospital and back, we strived as a family and worked to pull through. There is no way to express our thanks for the kindness we have received from everyone. We want you to know we will be forever thankful and appreciative of what all of you have done for us. Thank you to all of the members of the Aviano community.

-- Kala and Senior Airman Shane Fagan

Congratulations to the winners of the Term Two Aviano Top Three Association Scholarships. The winners are: Frederic Rosario, Tony Palmer, Candy Zemke, Sara Zepeda and Susan Cleveland.

-- Senior Master Sgt. John Roth, 31st Logistics Readiness Squadron

Abandoned dog adopted into new home

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

It's a familiar, yet sad story: A family is getting ready to PCS but can't take their pet with them. Instead of trying to find a new home for this pet, they abandon it, leaving the animal to fend for itself.

"Every year, around 150,000 dogs and 200,000 cats are abandoned in Italy," said Kerry Woody, Aviano Veterinary Clinic business manager. "Abandoned pets are exposed to starvation, injury and disease and are stripped of any affection."

Although one such pet was abandoned, she had a happy ending to her potentially tragic story.

"Athena is a 10- to 12-year-old Boxer found abandoned in the Aviano area," said Mrs. Woody. "When she was brought in, the clinic was faced with a tough decision. She was emaciated and had pressure sores along her joints and pelvis from where the bones were rubbing through the skin."

The vet clinic decided to give the Boxer another chance and took emergency action to re-hydrate and restore her nutritional balance.

"A little while after bringing her back from the brink, Athena suffered a stroke and developed neurological problems like ataxia, which causes difficulty with walking and a head tilt," said Mrs. Woody. "She also seemed to be deaf and showed other signs of dementia."

On top of all this, Athena was diag-



Courtesy photo

Athena, right, lounges on the couch in her adopted home with her new playmate, Xena.

nosed with a malignant form of breast cancer which had spread to four of her eight mammary glands. The veterinary treatment facility was only able to remove part of the cancer. Athena was also diagnosed with a heart murmur.

Mrs. Woody said many of Athena's problems were likely due to her previous state of starvation.

Despite all her medical problems, Athena began to recover from her injuries.

"Her personality became apparent and she showed herself to be a friendly, and amazingly, happy creature," said Mrs. Woody.

Even though Athena was recovering, the clinic thought it likely that Athena would only live a few more months. They began the difficult task of trying to find Athena a comfortable home to stay in.

"It seemed like a fruitless task; who would want to house a dog with so

many problems and with only a short while left to live?" said Mrs. Woody.

Luckily for Athena, someone did want to offer her a home.

"My husband Eric and I felt we could provide some dignity and love for Athena during her final months here," said Cindy Wellman. "We felt that because we had the ability, a large yard and extra time to care for another animal, there wasn't any reason not to take her. Plus, as our daughter Samantha said, 'She sounded like a good dog and we felt very, very sorry for her.'"

Taking Athena wasn't the Wellman's first encounter with adopting a pet from another family.

"Our other dog, Xena, is a 4-year-old Rottweiler we got from another military family who was moving," said Mrs. Wellman.

Although they accepted Athena into their home and hearts, the Wellman family advises people to think carefully about the responsibilities before becoming a pet owner.

"Think long and hard about your decision to become a pet owner. Too many sad stories like Athena's happen due to pet owners taking on responsibilities that aren't fully realized," said Mrs. Wellman. "Money for food, time to play with and exercise your animal, and the cost of vet bills adds up. People may think they can afford an animal financially, but there is also the responsibility of caring for your pet's emotional needs as well."

See Pet, Page 8

Closures: Aviano's Housing and Furniture Management Offices will be closed Thursday and Dec. 8 due to Italian holidays.

Combat holiday blues with wingman concept

Life

Skills,

chaplain

offer

advice for

staying

calm,

upbeat

during

hectic

holiday

season

By Airman 1st Class Sarah Gregory

31st Fighter Wing Public Affairs

With the holiday season fast approaching, it's time for Aviano wingmen to pay close attention to one another. Traditionally, the holidays are meant for spending time with family and close friends and being stationed overseas often means being separated from family members. This, combined with holiday stress, can lead to what is known as the holiday blues.

"The holiday blues refers to feeling sad when we should be feeling joy, happiness and a sense of peace," explained Chap. (Maj.) Shon Neyland. "Members who are experiencing trouble in a relationship, who are dealing with the death of a loved one or are separated from family members may be victims of holiday blues."

Financial difficulties can also contribute to the feelings of stress around the holidays.

"The stress of not being able provide what others want as far as gifts and travel, can be a very challenging situation," said Chaplain Neyland. "It seems our holiday season puts a lot of emphasis on material gain and those who can't afford the fancy gifts often feel sad, inadequate or blue as a result."

In addition to financial concerns, many people can be overcome by feelings of sadness or depression brought on by holiday stressors.

"For some people, the holidays bring unwelcome guests: stress, depression and debt. And it's no wonder; in an effort to pull off a perfect 'Hallmark' holiday, you might find yourself facing a dizzying array of demands - work, parties, shopping, baking, cleaning.

See Wingman, Page 7

Airmen, spouses enjoy a happy Thanksgiving

By Senior Airman
Colleen Wronek

31st Fighter Wing Public Affairs

Thanks to Combat Care and the 31st Services Squadron, Thanksgiving was even more meaningful to some Aviano members this year.

The Thanksgiving meal was combined with the deployed spouses meal.

"The meal was open to everyone including civilians and Italian air force members, but a special invite was given to families who have a deployed member," said 1st Lt. Julianne Leavy, 31st Services Squadron food services officer.

"We wanted to welcome them for the holidays by creating an inviting atmosphere that's comfortable," Lieutenant Leavy said. "We understand people miss their loved ones during the holidays and, with a family member deployed, it can be hard. We also wanted them to feel like they didn't have to cook."

More than 30 volunteers lent a hand to make this year's holiday special to more than 220 guests at the La Dolce Vita dining facility.

"This Thanksgiving meal is great for dorm residents, single people and others



Photos by Senior Airman Colleen Wronek

Lt. Col. Pete Schaub, 31st Operations Support Squadron commander, holds a plate for Brig. Gen. Robert Yates, 31st Fighter Wing commander, to serve turkey during the annual Thanksgiving Day dinner.

being away from their families," said Senior Airman Adam Setter, 31st Maintenance Squadron crew chief. "This holiday is when families come together and when that can't happen, it's nice to know you have a family here."



Lt. Col. Gordon Peters, 31st Aerospace Medical Squadron, drizzles gravy on mashed potatoes.

Christmas trees: Aviano Boy Scouts will be selling Christmas trees in front of the commissary from 8 a.m. to 4 p.m. Saturday and Sunday.

Wingman, from page 5

caring for kids on school break or elderly parents and scores of other chores," said Master Sgt. David Gentry, 31st Medical Operations Squadron, Life Skills flight chief.

Paying attention to friends and co-workers is essential this time of year because people are busy with holiday activities and parties, and early warning signs can be overlooked. Sergeant Gentry said it's important to remember holiday blues can happen to anyone.

"Signs of holiday blues may include headaches, changes in sleep patterns, weight loss or gain or increased anger or anxiety," he said. "An inability to concentrate or decreased interest in pleasurable activities might also indicate a person is suffering from depression. People suffering from one or more of these symptoms should consider getting help."

Some other indicators of holiday blues can be a withdrawal from people or holiday festivities.

"If you notice someone who is generally sad most of the time, if they are withdrawn, not interacting with others in the office or at home or are not talk-

ing much, they are experiencing classic symptoms of someone who may be heading into depression," explained Chaplain Neyland. "Moreover, if they begin to experience physical ailments such as loss of sleep, crying spells, headaches and abnormal fatigue, then they are probably dealing with high stress and should consider seeking help immediately."

While the holiday blues can happen to anyone, Chaplain Neyland said if each person looked out for his or her wingman, it would truly make a difference.

"Communicate and demonstrate that you care for the individuals around you," he said.

Most important, Chaplain Neyland said, is encouraging people to seek a chaplain or help from the life skills office if they are experiencing difficulties coping with the stress of life and the holiday season.

In addition to the wingman concept there are programs such as Adopt-an-Airman, designed to give single, unaccompanied Airmen a place to go during the holiday. Families "host" a single Airman by inviting them to spend the

holiday with them.

"Many people consider programs like Adopt-an-Airman charity, but don't let that response deter your efforts," said Chaplain Neyland. "A person may say they don't want help, but many times that is exactly what they are looking for. Pride will often get in the way of an individual receiving help, but I believe that they will see your sincerity if you make yourself available to them."

Additionally, Sergeant Gentry said that spending the holidays with other families and friends can be some of the most memorable time spent in the military.

Feeling down?

There are several agencies and programs to help people during the holidays.

- Life Skills – Ext. 5321
- Chapel office – Ext. 5211
- Adopt-an-Airman – To sign-up or to sponsor an Airman, visit <https://avo-web/Publications/AAA/default.htm>.

Holiday season post office hours

Main Post Office

- Cut-off time for all outgoing mail Mondays through Fridays is 3 p.m.
- Cut-off time for all outgoing mail on Saturdays is 2 p.m.

Finance Center

- 9 a.m. to 5:30 p.m. Mondays through Fridays
- 9 a.m. to 2 p.m. Saturdays and down days
- Closed Sundays

Customer Service

- 9 a.m. to 6 p.m. Mondays through Fridays
- 9 a.m. to 2 p.m. Saturdays
- 10 a.m. to 1 p.m. Sundays and down days

Registered Mail

- 9 a.m. to 3 p.m. Mondays through Fridays
- Closed on weekends and down days

Postal Annex

Package pick-up

- 10 a.m. to 6 p.m. Mondays through Fridays
- 10 a.m. to 2 p.m. Saturdays
- 10 a.m. to 1 p.m. Sundays and down days

Official mail

- 7 a.m. to 4 p.m. Mondays through Fridays
- Closed on weekends and down days

(Hours are in effect until the end of the holiday mail rush.)

Mail, from page 1

Permitted food items include baked goods and hard cheeses.

Sergeant Swift also stressed the importance of proper packaging.

"Some items can ruin other people's mail. One time someone sent barbecue sauce but didn't package it right. It broke and leaked onto everyone else's mail," he said.

To ensure packages to the states are received by Dec. 25, Sergeant Swift urged people to send packages before the deadline. Deadline for first class, priority mail, letters and cards is Dec. 10. Deadline for Express Mail Military Service is Dec. 19.

"Mail going out of here is sometimes faster than stateside," Sergeant Swift said. "Depending on the class of mail sent from the states, there is a chance your package could be on a boat, which can take about 37 days to get here."

Military mail is not a private mailing company and Sergeant Swift said they can't give out information on local mailing companies. "We're not FedEx, DHL or UPS. We can't accept packages from these companies, and we don't have their local area phone numbers or address," he said. "If you use a United States Postal Service priority box, senders must be charged the priority rate, no matter how well the word 'priority' is blocked out."

Sergeant Swift said insuring a package during the holiday season is a good idea, but items must be specifically listed on the customs form. "If the customs form states 'clothes' and you had a leather jacket in there that got damaged, you can't claim it on your insurance because the

customs form didn't specifically say 'leather jacket,'" he said.

He also advised not throwing away mailing containers, wrapping and labels and saving insurance receipts until the parcels have arrived safely.

With the return of Air Expeditionary Force rotations and the holiday season upon us, Sergeant Swift said checking mailboxes daily can help avoid mail backlog.

"We send back mail that sits in a box for 30 days," he said. "If a package sits for about a week we try to contact the person or their orderly room to see if the person is TDY or on leave. If they're not, there's no excuse for them not to pick up their package."

Sergeant Swift said postal clerks are not authorized to provide information such as box numbers, addresses, or whether there is mail in a customer's box, even if the customer is asking.

He said in order to make mailing smoother this holiday season, pack items properly, be patient, especially with longer lines, be prepared and don't fill out customs forms at the counter.

"If you have a lot of packages to mail, you can make an appointment to come in before normal operating hours."

Packing regulations and rules can be found on the U.S. postal service website at www.usps.com.

For more information, see the U.S. Air Forces in Europe Postal Guide at www.usafe.af.mil/direct/foas/css/sb/scbp/pdl/publish.htm or https://www.wmil.usafe.af.mil/direct/foas/airps/AIRPS_01_AboutUs.htm.

Limited parking: Parking in front of Hangar Three is unavailable through Dec. 19 due to an irrigation system installation.

Pet, from page 5

Other factors to keep in mind are lifestyle, allergies and whether the animal is compatible with children.

"Make sure that you have a good match with your family," Mrs. Wellman said. "Realize that pets may have long lives and will be with you from base to base. Pets are not disposable."

Today, Athena has adjusted to life in the Wellman's home and has Samantha, Xena and three cats as her playmates.

"In all honesty, we really can't believe how much Athena's presence has added to our home. She is such a

happy dog and you would never know how sick she truly is if you weren't told," said Mrs. Wellman. "She provides much love and companionship and we feel blessed to know she will always be with us. We only hope we have given her half the joy she has given us."

If someone is interested in adopting an abandoned pet, the Aviano Veterinary Clinic may be able to help. Call Ext. 8485 or drop by during normal operating hours, 8 a.m. to noon and 1 p.m. to 4 p.m. Monday through Friday to look at the notice board.

Did you know?

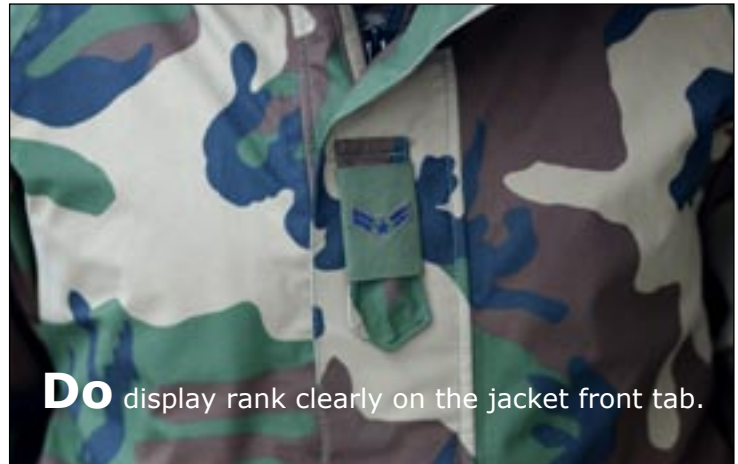
- Aviano members are required to have their pets "chipped." A small device is inserted underneath a pet's skin which reveals an identification code when scanned. The base vet clinic or any Italian vet clinic can scan the chip and identify the pet and its owner in seconds.
- Not only is the act of abandoning animals cruel, it is also illegal. Since July 2004, the penalty for dumping animals in Italy is up to 10,000 euros and one year's jail sentence.

Don't be left out in the cold - follow AFI 36-2903 Air Force Dress and Personal Appearance when dressing for the winter weather.

Winter Uniform Do's & Don'ts



Do like this Airman and bundle up with a black scarf. As of June 19, 2004 the 96th Air Force Uniform Board authorized the black scarf with all Air Force uniforms, eliminating the white, gray and olive drab options.



Do display rank clearly on the jacket front tab.

Don't wear the Gore-tex™ parka without the officer or enlisted rank, centered on the jacket's front tab. Aviano members are authorized to wear winter weather clothing Nov. 1 through March 31.



Don't get caught with your hands in your pockets. The "no hands in pocket" rule was approved by former Chief of Staff of the Air Force Gen. John P. Jumper to be including in the AFI 36-2903 in July 2004. Clothing and jackets must also be fully zipped, snapped or buttoned.



Do wear the sides of the stocking cap down to cover the ears to the maximum extent possible. The stocking cap may be worn during inclement weather when the flight jacket, leather A-2 flying jacket, cold weather camouflage Gore-tex™ Parka or BDU jacket is worn. (Table 2.8., 3.1.2.1.) **Don't** wear the cap rolled up on top of the head. The seam of the cap should rest on the crown of the head. The cap may be worn throughout the installation on breaks, lunch and other quick convenience stops. It shouldn't entirely replace the BDU cap when the BDU cap is more appropriate. The cap should also not be worn during off-base stops when you must exit your vehicle.

"A Christmas Carol"

The Aviano Community Theater and the Aviano High School Drama Club present "A Christmas Carol: The Musical." Show times are 7 p.m. today, Saturday, Dec. 9 and 10 and 2 p.m. Sunday and Dec. 11. Tickets are \$5 for students, \$8 for adults and \$25 for families of four and must be purchased at the door. For more information, call Ext. 5076.

Parking lot closed

The hangar row parking lot is under construction through Jan. 28. The parking lots will be done in halves to provide parking. People must not park their cars in the construction area. Dates are subject to change due to weather. For more information, call Ext. 6018.

Piazza construction

Construction on the post office piazza to install a fountain and landscaping begins Monday through January 2006. The area is off-limits during this time. Call the project manager,

Sandra Redolfi-Fagara, at Ext. 5758 for more information.

Christmas Cantata

The Aviano Base Chapel hosts its annual Christmas Cantata 7 p.m. Dec. 11 at the chapel. For more information, call Ext. 5211.

La Leche League

The La Leche League meets 10 a.m. Dec. 12 in the chapel education center, Bldg. 168 in Area One. The group welcomes all breastfeeding women and pregnant women. Babies and children are always welcome at meetings and snacks are provided. LLL provides information and support on all aspects of breastfeeding. For questions, call 348-242-5373 or e-mail LLLAviano@yahoo.com.

Christmas Cottage

The Aviano Officers Civilians Spouses' Club hosts a Christmas Cottage from 3 to 7 p.m. Monday and Tuesday at the community center. Children can choose gifts

provided by the AOCSC for their parents. The cost is \$.50 per child and those attending must bring a snack to share. For more information, e-mail Holli Thomson at hollithomson@yahoo.com.

Combat Education

Embry-Riddle Aeronautical University offers a series of six courses to prepare students for the airframe and powerplant written, oral and practical exams. Embry-Riddle will pay all fees covering the exams upon completion. Class begins Monday and lasts two weeks. For more information, call Ext. 5140.

Deployment club

The Aviano Elementary School Kid's Deployment Club meets Thursdays during lunch recess in the elementary school library. The club is opened to children grades one through five with a deployed parent, soon to be deployed or just returning from a deployment. For more information, call the school counselor at Ext. 5096.

Holiday concert

The Aviano Community Music Club seeks volunteers for its holiday concert from 6 to 7:30 p.m. Dec. 20 at the base theater. Musicians, actors, set designers, singers, choirs and mascots (reindeers, Santa Claus, Ziggy, McGruff, etc..) of all ages are needed. To volunteer, or for more information, e-mail Master Sgt. Luis Adams at luis.adams@aviano.af.mil.

Holiday dinner

The La Bella Vista Club and Airman's Advisory Council hosts a holiday celebration from 5 p.m. to 2 a.m. Dec. 23 with a free traditional holiday buffet at 6 p.m. The event includes door prizes and a disc jockey with karaoke. For more information, call Ext. 4303.

Fellowship program

Military personnel may apply by Jan. 15 for the White

House Fellowship Program which provides first-hand experience in how the government operates. Applying Airmen must obtain written endorsement and authorization from the first colonel in their chain of command. They also have completed all developmental or professional military education appropriate to their rank. For more information on requirements or how to obtain an application, visit <http://www.whitehouse.gov/fellows/> or call the Military Personnel Flight at Ext. 7216.

Assertiveness

The Aviano Family Support Center hosts assertiveness communication training 3 to 4:30 p.m. Dec. 13. The training teaches people how to express needs, thoughts and feelings without violating the rights of others and teaches how to take risks by speaking honestly. To register, call Ext. 5407.

Scholarship program

The Air Force is offering qualified officers a master's degree in the Information Assurance Scholarship Program. Students must apply by Jan. 3. Those who complete the IASP will receive the National Security Telecommunications and Information Systems Security Instruction 4011 certificate. Information on eligibility requirements, submitting applications and participating schools can be found at <http://www.defenselink.mil/nii/iasp/DoDMembersMain.htm>.

POV inspections

The 31st Logistics Readiness Squadron POV Inspections office is offering winter vehicle safety inspections for all U.S. ID card holders through mid-December at the POV inspection station, Bldg. 43 in the Aviano Industrial Area. The POV Inspections office is open 7:30 a.m. to 4:30 p.m. Mondays through Fridays and is closed holidays and down days. For more information, call Ext. 4458.

Reel Times

Today, 5 p.m. - "Tim Burton's Corpse Bride" Rated PG - Victor is whisked away to the underworld and wed to a Corpse Bride, while his real bride is left behind. Although life in the underworld is more colorful than his Victorian upbringing, Victor learns nothing can keep him away from his true love. Starring: Johnny Depp, Helena Bonham-Carter

Today, 8 p.m. - "The Exorcism of Emily Rose" Rated PG-13 - The haunting trial of a priest accused of negligence resulting in the death of a young girl believed to be possessed. Starring: Laura Linney, Tom Wilkinson

Saturday, 2 p.m. - "Tim Burton's Corpse Bride" Rated PG

Saturday, 7 p.m. - "North Country" Rated R - Based on a true story centered on Lori Jenson, who took a job at a Minnesota iron mine in 1975. She and other female miners endured harassment from male co-workers until Jenson filed suit in 1984 and won a landmark legal decision. Starring: Charlize Theron, Frances McDormand

Sunday, 7 p.m. - "The Exorcism of Emily Rose" Rated PG-13

Wednesday, 7 p.m. - "Flightplan" Rated PG-13 - A woman's six-year-old daughter disappears mid-flight from Berlin to New York. Starring: Jodie Foster, Peter Sarsgaard.

Thursday, 7 p.m. - "North Country" Rated R
(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Today through Sunday - Exhibits of artistic, historic and industrial glass works is from 7 to 9 p.m. today and 10 a.m. to 7 p.m. Saturday and Sunday in San Vito al Tagliamento. For more information, visit <http://www.veneziafiere.it/veneziafiere/italiano/2005/vitraria>.

Sunday - A Christmas market begins at 9 a.m. in Paluzza, a small mountain village close to Tolmezzo and Arta Terme spa. The market offers gifts, local food and games for children.

Now through Dec. 10 - In Sarmede, near Vittorio Veneto, an exhibition of drawings for kids by artists from all over the world. Street theater displays are Sunday and Dec. 4.

Dec. 11 - "The Soul of Gospel" festival is 5:30 p.m. in Pasiano di Pordenone. The event is free.

Now through Dec. 24, and Dec. 27 through Jan. 15 - Christmas market in Bussolengo (Verona). The market is open from 9 a.m. to 12:30 p.m. and 3 to 7:30 p.m. daily and has an atmosphere of older times. For more information, visit <http://www.ilvilaggiodinatale.it>.

Travel tips - Project SMART

- Always try to travel light. You can move more quickly and will be more likely to have a free hand. You'll also be less tired and less likely to set luggage down, leaving it unattended.

- Don't wear clothes that easily identify you as American, such as those displaying the flag, American colleges or sports teams.

- Leave a copy of your itinerary with family or friends in case of an emergency.

Looking for unique finds? — Visit area antique markets

**By Senior Airman
Colleen Wronek**

31st Fighter Wing Public Affairs

People interested in getting a taste of Italy, but not wanting to spend tons of money or travel far, can visit the local antique markets.

Every Sunday and a few Saturdays, multiple towns host area antique markets, typically in the town square. If the market isn't held in the center of town, there are usually signs pointing to its location.

The antique markets are free to browser. Some towns have inexpensive parking close to the market and some have free parking.

The markets sell everything imaginable and there is almost always a unique find. Shoppers can find things from furniture to fossils and rocks; from vintage clothing and jewelry to old books. Some things appear as though they have been in attics for centuries.



Photo by Senior Airman Colleen Wronek

There are usually unique finds at local antique markets like this bird-cage at the Godega di Sant'Urbano market.

The markets can be crowded and, at some, people bring their pets.

Aviano hosts its monthly antique market the first Sunday of each month.

For more information on area events, visit <http://www.31svs-aviano.com/>.

Monthly antique markets

First Saturday (afternoon) and Sunday of the month: Arezzo, Genova

First Sunday: Aviano, Casarsa, Codroipo, San Quirino

Second Saturday (afternoon) and Sunday: Vittorio Veneto, Ferrara, Gorizia, Marostica, Pissignano di Campello (Perugia), Badoere (past Treviso), Udine

Second Sunday: Asolo,

Montepulchiano (Siena), Portobuffole, Florence, Montegrotto (Padova), Sacile, Noale (Venezia), Villa Franca (Verona), Venzona (Udine)

Third Saturday: Verona

Third Saturday and Sunday: Lucca, Ravenna

Third Sunday: Este (Padova), Godega Sant'Urbano, Montebelluna, Fontanellato (Parma),

Padova, Badoere (past Treviso), Sienna, Soave (Verona), Trieste

Fourth Sunday: Imola (Bologna), Conegliano, Cividale del Friuli, Treviso

Final Sunday: Florence, Milan, Padova-Piazzola Sul Brenta, Pordenone, San Daniele

For additional antique markets, visit http://www.31svs-aviano.com/leisure/itt_antique_markets.htm

Travel Web site: Americans with travel plans should visit <http://travel.state.gov> to get the latest travel advisories in Europe.



Courtesy photo

Munich, Germany, is located near the center of the southern German region of Bavaria.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Christmas Markets in Vienna, Austria
- Saturday - Guided Trieste; Castles Duino and Miramare and Christmas markets
- Saturday - Guided San Marino
- Dec. 10 - Christmas market in Bolzano and Ice Man Museum
- Dec. 10 - Guided Florence

- Dec. 17 - Sparkling wine tasting in Veneto region

- Dec. 17 - Christmas markets in Munich, Germany

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Call Ext. 5072 or 5026, for more information.



Sarah Kovacs (standing) and Heather Takashima enjoy a break from their workout. Together, they've built a friendship around fitness.

'Dynamic duo' strives to achieve a common goal in their ...

Fitness-forged friendship

By Tech. Sgt. Jerome Baysmore
31st Fighter Wing Public Affairs

They met almost a year ago and have been seen hanging out and working out together ever since — long enough to be able to finish each other's sentences.

Heather Takashima and Sarah Kovacs say they come from similar backgrounds and that, combined with their fitness goals, forged their friendship.

Most Dragon Fitness Center patrons who know the history of this dynamic duo say they serve as an inspiration to others around them.

Heather had lived with pain from a herniated disc and has recovered through therapy and exercise — not to mention she has lost over 100 pounds along the way and has been pain-free for more than two years. On her follow-up visit, the physical therapist staff hardly recognized her.

On the other hand, Sarah is eight-months pregnant and can still perform full-splits and dips, as well as log in miles on the treadmill or track.

"I don't want to be put in a bubble; I'm not fragile," Sarah said. "Pregnancy has slowed me down, but you have to continue

to work out throughout your pregnancy because you have to keep yourself and the baby healthy.

"Working out is a way of life," she said.

Since they've been working out together, the two have watched each other's fitness progress while their friendship grew.

"I've seen a lot of progress since I've known Heather, and I like the positive feedback," Sarah said.

"She's the best friend I've ever had, and I can talk to her about anything. I like how realistic she is with me," she added.

Heather said the first step to improving fitness is remembering the commitment to change and keeping active.

"I was really heavy before, but you have to move forward; establish goals to see yourself as a different person. If you're not active now, you're not going to be active when you're older," she said.

With all their progress, the two readily offer fitness tips and lend a hand to anyone looking to change their lifestyle.

"You need to find someone who's going to motivate you," Heather said. "We like coming in [the Dragon Fitness Center] because the staff is great — they're even better once they get to know you."

Fly Bys

Help wanted

The Aviano Dragon Fitness Center has openings for personal trainers and certified aerobic instructors. The staff is also looking for instructors wishing to pursue their certification. For more information, call Jennifer Kellner or Scott Bishaw at Ext. 7459.

Stay Fit

Pedal at the indoor cycling classes at 11:30 a.m. Mondays, Wednesdays and Fridays or tone muscles at the total body conditioning class at 5:30 a.m. Mondays, Wednesdays and Fridays in the Dragon Fitness Center. For more information, call Ext. 7459.

Mountain bike ride

A local mountain bike ride is scheduled for 10 a.m. Dec. 17 starting at the community center parking lot. People interested in the event must sign up at outdoor recreation by Dec. 12.

Ski and snowboard

Outdoor recreation is taking ski and snowboard lesson sign-ups until Dec. 9. Lessons begin in late December at Piancavallo. Sign-ups are on a first come, first served basis. For more information, call Ext. 8623.

Personal trainer

The Dragon Fitness Center offers one-on-one training for those looking increase their fitness level. One-hour sessions cost \$20. For more information, call Jennifer Kellner at 0434-74-7170 or e-mail her at jennifersgym@yahoo.com to make an appointment.

Massage therapist

The Area Two Fitness Center offers 30-, 60-, and 90-minute massage therapy sessions. For more information or to schedule an appointment, call Shawn Hamilton at 348-364-0684.

Attitude plays vital role in mission

By Lt. Col. Adrian Pone
31st Fighter Wing Safety Office

After 18 years in the Air Force, I have come to the following conclusion: attitude plays a vital role in safety and mission accomplishment.

I have no scientific proof to validate this claim; I just feel it to be true. During my frequent spot checks, I often take time to talk to people in the various wing work centers - crew chiefs, security forces personnel, weapons troops, air traffic controllers, etc.

Whenever I find people with a good attitude, I know they are safe. I can't explain why - it's just the way it is. I can spot these good attitudes a mile away - the people normally have a smile on their face, they give 100 percent on the job and they have a "can-do" approach.

On the other hand, people with bad attitudes are unhappy, they find reasons to say "no" and they are looking for a reason to leave Aviano. It's interesting, but the folks with good attitudes are safer and seem to do better work than the ones with bad attitudes.

Folks with a good attitude don't cut corners; they don't bend rules. They still find a way to accomplish the mission. They just do it by the book. In fighter aviation, we live and die by our "training rules." Unfortunately, many of these rules were formed after a person was killed in an aircraft mishap. Whenever a training rule is broken, we take it very seriously.

I have been in some very serious debriefs after a fellow aviator busted a training rule. But it has to be that way because in the fighter business blowing off rules can result in catastrophe. Following the rules has to occur on the flight line, the control tower and the bomb dump. When working on jets, maintainers have to carefully follow the technical orders and job guide; skip a step and the airplane could fall out of the sky.

Air traffic controllers must also adhere to rules and procedure; if they make one bad radio call, a jet might crash into the mountains. Ammo troops also know the deadly nature of their business ... when handling bombs, one mistake and half the base is blown away. So when I'm on the flight line, the control tower or bomb dump, I'm happy to see folks with a good attitude. It means people are having fun, accomplishing the mission and doing the job safely.

Folks with a good attitude create more people with good attitudes; good attitudes are contagious. Whenever I walk into a unit filled with good attitudes, I can sense the enthusiasm and pride. As the "safety guy," I'm happy when I see this because I know operations are safe.

The opposite can be said of units filled with bad attitudes. Bad attitudes lead to frowns and unhappiness; next thing you know everybody is unhappy ... and nobody knows why. And when people have bad attitudes, they start slacking off, bending rules and taking unnecessary risks. Accidents start occurring and people get hurt. I've seen this happen before. Show me a unit filled with bad attitudes and I'll show you the next mishap. So it is very simple ... a good attitude will go a long way to enhancing unit effectiveness and safety.

As we press into the winter months, it's important to know that many here in Aviano will be without their families during the holidays. Some of Aviano's youngest Airmen are now spending their very first holiday season away from home. The stresses of being alone can easily create a "winter-time blues" effect; leading to bad attitudes.

If you see this happen, be a good wingman and offer help, encouragement and companionship. The year 2005 has been one of the safest years for Aviano. It is the winning Aviano attitude that made this happen.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

AIRMAN ARTLESS

by Ben Schneider

